

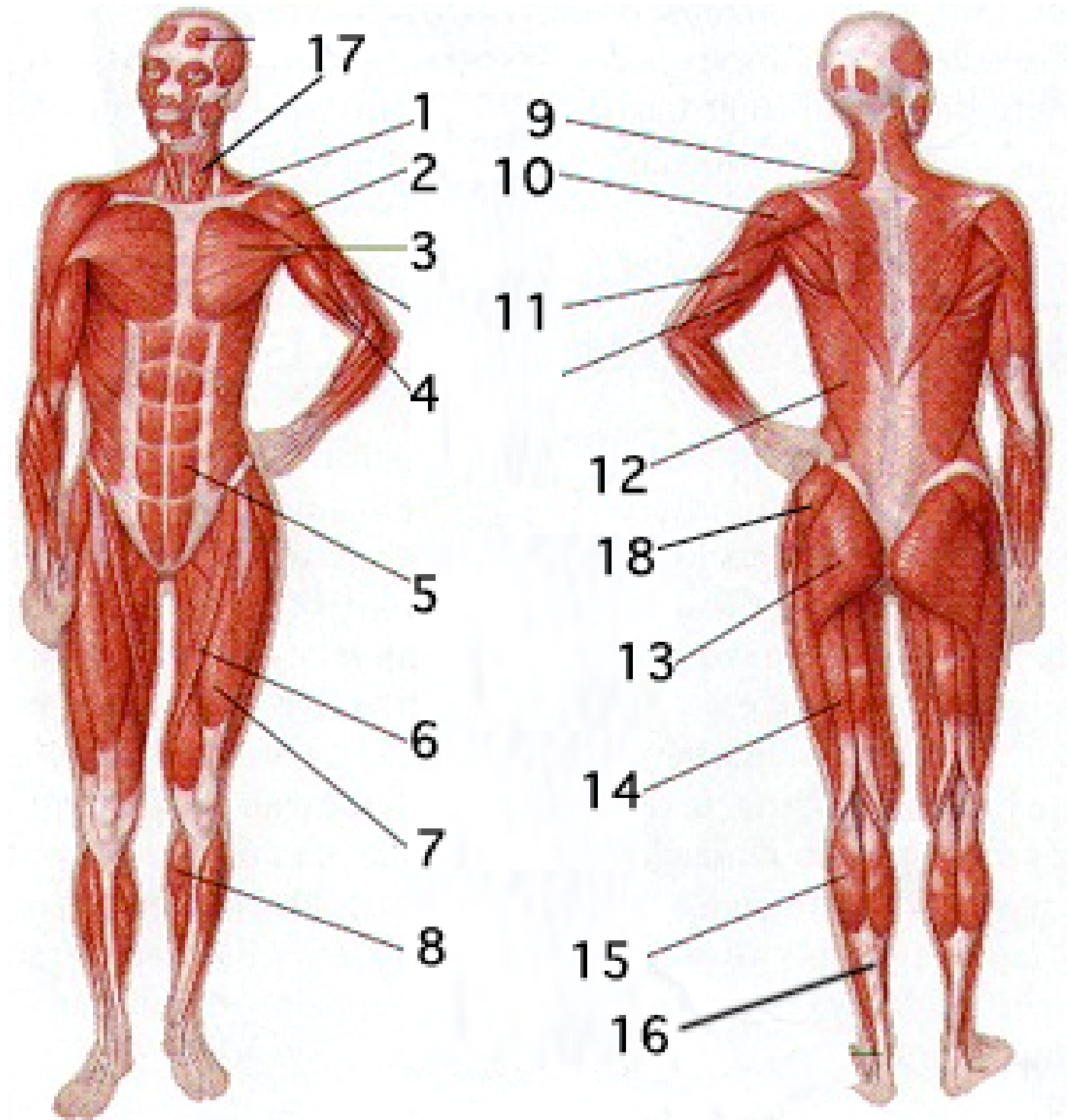
STUDENT NAME:
DATE:

CLASS PERIOD:

Directions: Fill out each question completely. Write your name on the test.

1. **Name muscle #1** on page #2
2. **Name muscle #2** on page #2
3. **Name muscle #3** on page #2
4. **Name muscle #4** on page #2
5. **Name muscle #5** on page #2
6. **Name muscle #6** on page #2
7. **Name muscle #7** on page #2
8. **Name muscle #8** on page #
9. **Name muscle #9** on page #2
10. **Name muscle #10** on page #2
11. **Name muscle #11** on page #2
12. **Name muscle #12** on page #2
13. **Name muscle #13** on page #2
14. **Name muscle #14** on page #2
15. **Name muscle #15** on page #2
16. **Name muscle #16** on page #2
17. **Name muscle #17** on page #2
18. **Name muscle #18** on page #2

FOR QUESTIONS 1 - 18 ANSWER ON PAGE #1



FOR QUESTIONS 19 - 33 ANSWER IN THE SPACE PROVIDED.

19. Please list **YOUR P.E.** student number. This is the number you use to locate your grade in P.E. class.
20. Why do you warm-up playing games **FIRST - THEN STRETCH?** (**This answer is NOT in the word bank**)
21. When **MOVING** your heel **TOWARD** your gluteus maximus, **WHAT** muscle are **YOU USING?**
22. When **FLEXING YOUR ARM** toward your body, **WHAT** muscle are **YOU USING?**
23. The **NUMBER** of yards for our timed run is _____ .
24. When **FOLDING YOUR ARMS** across your **PECTORALIS** major muscle, **WHAT** are you stretching?
25. When **laying in the hurdler position** on your gluteus maximus **WHAT** muscle are you stretching?
26. **WHAT MUSCLE** enables you to tap your toes on the ground? (**HINT: This muscle is at the front of you shins**)
27. **WHAT** is the **FEMALE P.E. TEACHERS** favorite professional football team?
28. **WHAT MUSCLE** enables you to shrug your shoulders (**HINT: it is not you Deltoid**)
29. Name the **[2] MUSCLES** that are located in your **BACK?**
30. **WHAT** are the **[4]** basic moves that are done in a circle to Gwen Stephanie? (**HIINT: Punching is one**)
31. **WHAT** type of vehicle does the **MALE P.E. TEACHER** use to get to school?
32. **LIST 3** types of exercises that can help **YOU** lose calories?
33. **WHAT** is the name of the **FEMALE P.E. TEACHER'S** dog?

WORD BANK [not all word bank words will be used]

* VASTUS LATERALIS * VASTUS INTERMEDIUS * VASTUS MEDIALIS

* SARTORIUS * ANTERIOR TIBIALIS * HIP FLEXOR * HIP DEXTOR

* SOLEUS *GASTOC *TIBIALUS ANTERIOR *BICEP FEMORIS

* BICEP BRACHI * PECORALIS MAJOR *RECTUS ABDOMINUS * DELTOID

* STERNOCLEIDOMASTOID * SERRATUS ANTERIOR * TRAPIZIUS

* LATISSIMUS DORSI *MS. SUATER *MS. SALTER *MS. SATLER

* MR. MALIKE *MR. MAHALKE * MR.MALIK * MR. MAKKLE

* FIDGET * FILLET * FARVE * 5555.1 *555.1 * 551.1

* RECTUS ABDOMINUS * TRI-CEP * GLUETUS MAXIMUS

- ***[8 Extra Points will be given for all names spelled correctly] ON THE BACK OF THIS SHEET LIST
SPELL ALL YOUR CLASSMATES NAME [Spelling Counts]***